

Hypoglycemia (AK 35-USDA 356)

Explain to Participant	You're enrolled in the WIC program today because your doctor diagnosed you with hypoglycemia. Hypoglycemia can happen as a complication of diabetes, as a condition in itself, or in association with other health problems. It can happen during early pregnancy, after fasting for a long time or long periods of strenuous exercise. It can also happen to newborns who are small for gestational age (SGA).	
Goal	The goal is to eat an adequate diet to help you take care of your hypoglycemia.	
Suggestions for Reducing Risk	Refer to a Registered Dietitian (RD). Follow the recommendations of your health care provider. Eat frequent meals that support adequate growth for infants and children. Eat a balanced diet with low carbohydrate snacks. Explain the nutrition education material suggested. Drink 8 glasses of water every day Ask your health care provider about exercise.	
Nutrition Education Material Suggested	Using the Dietary Guidelines for Americans....for good health	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
	Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
	Iron Fortified Infant Cereal	Iron
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Materials with More Information	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.